

THE BIG STONE GAP POST.

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Town Improvement.

(Contributed)

The question of using idle city lands for food production is just now engaging the attention of the people of England, as it has already done those of Germany, and efforts are being made to conserve this potential source of wealth.

It is estimated that in the city of London alone there are 14,000 acres of idle land, capable of producing annually \$500 worth of foodstuffs per acre—an amazing total of \$7,000,000 yearly.

In connection with the present high cost of living this item of news should carry a potent lesson for every town and city in our country.

The subject is full of possibilities for Big Stone Gap.

Have you ever tried to estimate how many acres of idle land there are here? Take a day off some time and count the vacant lots that are now given over to weeds, and tin cans and rubbish generally. Try to reduce this combined area to acres.

Calculate the possibilities of these acres, and then you will see what the people of this town are annually allowing to slip through their fingers for want of a little energy.

It is folly to protest against the high cost of living when we are neglecting the means lying right at our doors of largely alleviating these conditions.

Almost any family can cultivate from a quarter to half an acre of ground, and a quarter or half acre will produce vegetables and small fruits for most any family for the entire year.

Look around you and locate the men who are loudest against the prevailing high prices. Are they the men who have cultivated good gardens and truck patches? No, indeed! These men have cellars well stored with sweet and Irish potatoes; they have probably raised and fattened a pig or two; they have fruits and vegetables canned and preserved, and are really living at home. And they don't have nightmares near the end of the month over the grocery bill that must be paid on the first.

Let us have a revival of gardening interest this year. Let's every one of us who have a few square feet or yards of soil see to it that that soil produces this summer all of which it is capable. If we have no surplus ground of our own, then let's rent a vacant lot from some neighbor and turn it into food for the family.

Many people buy all of their groceries and provisions from the stores and from peddlers, paying out large sums in the run of a year, while they have ample land lying idle from which they could supply a

majority of their wants in this line. This is not only poor economy, but it is rank extravagance.

But that is the way of the average American citizen. He buys beans and raises cockle burrs. He buys potatoes and raises dog fennel. In short, he buys all he has to eat and raises hell generally over the price he has to pay.

An important phase of the question lies in the splendid possibilities for health afforded by the congenial task of gardening.

Every dweller in a city or small town should, if possible, acquire a piece of ground to work through the summer, be it every so small. An hour or two of diligent work in the soil is nature's finest tonic. It will dissipate the worst case of grouch; it is a perfect liver regulator, cures dyspepsia, is an excellent remedy for rheumatism, and makes you feel that life is really worth living.

Let's get down to the business of conservation in earnest. A bushel of potatoes will yield as much nourishment and energy if raised in one's own garden as if bought at the store. Beans and peas, cabbage, lettuce, radishes, strawberries, etc., coming fresh from your garden are not to be compared with the average defunct looking article usually found in the markets.

So while we are urging the country to reclaim the waste lands, let us reclaim our own waste territory. It will conserve our health; it will lighten the strain on our income; and last, but by no means least, it will aid largely in beautifying our town.

It may take years of investigation to settle the question of precise responsibility for the war in Europe.

There was talk last summer of putting Col. Roosevelt in the United States Senate, in the event of a republican victory. But the Senate is lively enough without him.

Hon. Theodore Roosevelt has not congratulated President Wilson, we are reminded. However, he has not congratulated the country, either, so that even things up.

Germany's enthusiasm for peace appears to encourage the entente allies with the thought that Germany's enthusiasm for war has passed.

Among the objects of the various belligerents, it is safe to say that Paris is no longer on the list of things that Germany hopes to get.

THE GOVERNMENT ARMOR PLANT.

General R. A. Ayers has received from the Naval Armor Plant Board a statement of the requirements of raw material for its operation for request for freight rates to assemble this material.

The requirements are as follows:

Freight rates per ton delivered at the site upon the following annual requirements:	
1. Coal, Gas Producer	150,000 Tons
2. Coal, Steam	150,000 "
3. Pig Iron, Bessemer, Not over 1% Phosphorus	30,000 "
4. Pig Iron, Local market (Specifications attached)	30,000 "
5. Ferromanganese	200 "
6. Ferrochrome	2,000 "
7. Nickel Ingots	1,200 "
8. Limestone	4,000 "
9. Dolomite	3,000 "

Of this material we have at our doors the steam and gas producing coal, the local pig iron, dolomite and limestone, aggregating 337,000 tons, the freight on which to assemble will not exceed twenty-five cents per ton, leaving only the Bessemer pig iron, ferromanganese, ferrochrome and nickel ingots, only 34,000 tons to be transported here. Having nine tenths of the raw material here will effect a saving over any other proposed location of over \$150,000.00 in freight alone.

General Ayers is preparing a complete showing of our resources, railroad facilities and freight rates, which will make a cost showing that cannot even be approximated by any location we have heard suggested.

U. S. Court — In Session.

United States Court for the Western District of Virginia convened here Monday morning with Judge Henry C. McDowell, of Lynchburg, presiding. Only one case was heard Monday, practically all the day being consumed in empanelling juries, etc. In this case the defendant, a man about 50 years old, was found not guilty on a charge of selling moonshine whiskey. Another confessed to a like charge and was fined \$100 and sentenced to 30 days in jail.

The criminal docket is not as heavy as usual and it is thought court will adjourn during the latter part of this week, probably Saturday. Although a few important criminal cases to be heard may prolong the session for several days.

Radford Normal Notes.

Dr. J. L. McBrien, School Extension Agent for the Bureau of Education, Washington, D. C., will make two addresses at the Normal School, January 23.

Prof. J. A. C. Hart, of Wytheville, Virginia, and Prof. W. M. Black, of Lynchburg, Virginia, Vice-Presidents of the Virginia State Teachers' Association, met with Dr. J. P. McConnell and Supt. J. P. Whit at the Normal School last Saturday and arranged a program for the Teachers' Conference of the Sixth and Ninth Congressional Districts and the counties of Carroll and Grayson. This Conference will be held the 1, 2, and 3 of March. This will be the fourth Conference held at the Radford Normal School and it is expected to be the largest. Full announcements will appear later.

President J. P. McConnell spent three days at Staunton attending the conference of the Association of Charities and Corrections. He made three addresses while there.

Rev. Hounshell, who has been a missionary in Korea for a number of years, made an address at the Normal School on Wednesday.

Prof. William E. Gilbert made an address on Tuesday before the High School Y. M. C. A. Conference in Radford. He will speak at Groesbeck Friday.

An unusually large number of students are taking the Manual Arts and Household Arts Courses. There is a growing demand for teachers of these subjects.

Prof. J. E. Avent will make addresses in the high schools at Radford, Pulaski, Rural Retreat, and Martha Washington College on Friday and Saturday of this week.

NEW TOWN ORDINANCES PROPOSED.

At the last meeting of the Town Council ordinances were proposed and referred to the ordinance committee, for report at the next meeting for final passage and adoption, to prohibit the use of horse shoes having attached to them corks or plugs that tear or ravel the surface of the macadam roads. Also an ordinance to regulate the width of tires on one horse, two horse, and four horse wagons, used for transporting lumber, coal, wood, stone, grain, feed, or other freight and commodities over the macadam roads of the town. These ordinances have not yet been adopted and are in the hands of Messrs. P. H. Barron, H. E. Fox and W. T. Goodloe, committee, with whom interested persons should confer as to their adoption or rejection.

Appalachia Items

The people of Appalachia regret very much that E. B. Mouser has accepted a position which necessitates his leaving here. Mr. Mouser and family leave for Bristol this week. They have been here for the past eight years and their places will be hard to fill.

W. F. Lee was a business visitor to Middleboro Friday.

Mrs. W. B. Peters spent the week-end in Bristol.

Mr. and Mrs. Coyle, of Hampton, Ohio, were the guests of Mrs. Hampton Crizer the past week.

Born to Mr. and Mrs. A. L. Sturm Tuesday, January 16th, twin girls.

Miss Myrtle Templeton, of Louisville, is visiting relatives here.

Miss Geneva McComas spent Sunday in Norton.

On Sunday Mr. and Mrs. J. S. McConnell entertained at dinner Mr. and Mrs. E. B. Mouser and daughter, Sara, and Mrs. B. S. Grim.

Friday evening about twenty-five of the young folks gave Mrs. B. H. Crizer a surprise party. They spent a very enjoyable evening.

Mrs. M. L. Stallard spent Sunday with relatives in Gate City.

Mrs. and Mrs. E. B. Mouser and daughter, Sara, were the guests of Mrs. Grim at Hotel Windsor Monday evening.

NEW TOWN ORDINANCE PASSED.

At the last monthly meeting of the Town Council two new ordinances were passed and are now in force. One of them prohibits either adults or children from causing the revolving doors of public buildings to revolve uselessly or so rapidly as to spin round and round or from riding, swinging or sitting on the braces or other parts of such doors.

The other ordinance prohibits the discharging of air guns that shoot metal or other hard substance in any of the platted parts of the town or within fifty yards of any street, alley or road.

IMPORTANT NOTICE.

Dr. J. P. McConnell, president of Radford State Normal School, will speak Friday night at eight o'clock in the Public School Auditorium to the Parent-Teachers' Association. All are cordially invited.

How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.


P. J. CHENEY & CO., Toledo, O. We, the undersigned, have known P. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by his firm.

NATIONAL BANK OF COMMERCE, Toledo, O. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 25 cents per bottle. Sold by all Druggists. Take Hall's Family Pills for constipation.

Paramount Pictures

Amuzu Theatre

TOMORROW NIGHT
(Thursday)



"The Case of Becky"

South-West Insurance Agency
Incorporated

Fire, Life, Accident and Casualty Insurance, Fidelity and Other Bonds

Real Estate and Commission Brokers.

Office in Inherent Building. BIG STONE GAP, VA.



Finishing A Telephone Talk

If you finish a telephone conversation and hang up your receiver without saying, "Good bye," or something else to indicate that your part of the conversation is finished, the person with whom you are talking may remain at the telephone, wasting his time and keeping the line from being used by others. Perhaps he blames the operator for what he thinks is a cutting off of the conversation.

The "Good bye" at the end of a telephone talk is an infallible signal to hang up the receiver—it terminates the talk gracefully and effectively.

Cooperation Quickens Telephone Service.

THE CHESAPEAKE AND POTOMAC TELEPHONE COMPANY
OF VIRGINIA.

E. R. MILTON, Local Manager, Norton, Va.

Tel. 9000

Genasco
THE TRINIDAD LAKE ASPHALT
Ready Roofing

The natural oils in Trinidad Lake asphalt give life to Genasco and make it last. Get Genasco for all your roofs, and lay it with the Kant-leak Kleet. We have it—several different weights.

SMITH HARDWARE COMPANY
BIG STONE GAP, VA.

YOU CAN WRITE SHORTHAND from real dictation after taking only **TEN EASY LESSONS** thoroughly taught at **SMITH BROTHERS' SHORTHAND SCHOOL** Beulah Church Bldg., Big Stone Gap, Va. Course completed in a few months thru small decreasing installment payments as outlined in folder sent on request

SITUATION ON GRADUATION

Don't Cough Until Weak

Foley's Honey and Tar
HELPS COUGHS QUICKLY

FOLEY'S HONEY AND TAR takes right hold of an obstinate cough and gives quick relief. It puts a healing coating on the inflamed membranes that line the throat and air passages. It stops the tickling, loosens and raises phlegm easily. It is just splendid for bronchial and in gripe coughs, and tight, wheezy breathing.

Mrs. W. S. Bailey, Lancaster, Ky., coughed almost continuously day and night, until she took Foley's Honey and Tar. After taking half a bottle, her cough began to slow up, and seven bottles entirely cured her cough.

Mutual Drug Company
Big Stone Gap, Va.

Olinger Honor Roll.
Fifth Grade—Ruth Olinger, 91.